

# Alumni Profile

## Adam Newton

BA Hons '15 Psychology

### Current Career

Organization: Western University

Title: PhD candidate in Clinical Psychology

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### Career Overview

I research pediatric sleep (children who have trouble falling asleep and staying asleep). More broadly, I am interested in all aspects of children things like ADHD, opposition in kids, depression and anxiety issues and the treatment and assessment of those issues.

### What research projects did you complete at King's?

I worked on two major projects at King's. The first was getting involved in a numerical cognition lab which looks at how kids do math; how it happens in the brain. I was able to design and work at my own research. I presented my research in Quebec and California. That was a neat experience and got my toes wet as to what research looked like.

The other major project that I'm most proud of was in the collaborative research and psychological sciences class with Dr. Penner-Wilger. I developed my Psychological Education Awareness and Reduction of Stigma program (PEARS) which became the Canadian Mental Health Association London-Middlesex organization of the year in 2015. I was able to bring psychological awareness to the community and reduce stigma. PEARS was implemented in high schools in Simcoe as well as Connect for Mental Health here in London, the City of London and some other community organizations.

### Why Psychology?

I planned to transfer to Western to study Biological Sciences, but fell in love with the subject of Psychology in my first-year course with Dr. Skinner. In second year, I took a class with Dr. Penner-Wilger where my interest in Clinical Psychology grew. I've always wanted to work with kids, but I also wanted a profession where I could make an impact. For me, clinical psychology merged all these things: it allowed me to do research, work with kids and make a meaningful impact.

### What advice would you give to current students?

Keep your interests open. Explore a bunch of different opportunities. Recognize that it's never too late to change your mind. Many of the skills that you develop in psychology, like research, presentation and analytic skills, are highly transferable to many career paths.



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Clinical

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